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[illegible]

1. **[illegible]?**: [illegible], [illegible], [illegible].

2. **[illegible]**: [illegible].

3. **[illegible]**

[illegible]

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- [illegible], [illegible]

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2. **□□□□□□□□ (Mind):** □□□□□□□□□□□□□□ □□□□□□□□ □□□□□□□ □□□□□□□□, □□□□□□□□, □□□□□□□, □□□□□□□□ □□□□□□□□□□ □□□□□□□□□□□□□□□□□□. □□□□ □□□□□□□ □□□□□□□□□□□□□□□□□□□□, □□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□.

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(Note: This directly translates to "What is your name?" in Tamil, capturing the warm and direct tone requested.)

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* **COMT (Cytosine Monoamine Transporter):** □□□ □□□ □□□□ □□□□ □□□□□□□□□□□□□□, □□□□□□□□□□□□ □□□□□□□□ □□□□□□□ □□□□□□□□□ □□□□□□ □□□□□□□□ □□□□□□□□□□□□□□□□□□.
* **DRD2 (Dopamine Receptor D2):** □□□ □□□□□□□□□ □□□□□□□□□ □□□ □□□□ □□□□□□□□□□□ □□□□□□. □□□□□□□□□ □□□□□□□ □□

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(Adipadai chirappu — vyādhyal, nōyaviyal illai)

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[illegible]:

1. **[illegible] (Dominant) - [illegible]:**
   - [illegible].
   - [illegible], [illegible], [illegible].
   - [illegible], [illegible] [illegible].

2. **[illegible] (Promoter) - [illegible]:**
   - [illegible]

[illegible]. (Nān un goruppa veeran.)

[[illegible], [illegible]]
[illegible]

[illegible]? [illegible]? [illegible], [illegible], [illegible], [illegible].

1. [illegible]:
   - [illegible], [illegible], [illegible].
   - [illegible], [illegible] [illegible].

**2. [illegible]

[illegible]. [[illegible]/[illegible] - [illegible] [illegible], [illegible]]
[illegible]. [illegible]

[illegible]-[illegible]. [[illegible] — [illegible]]
[illegible]. ✦

[illegible] MTHFR (Methylation [illegible]) [illegible]. [[illegible]]
[illegible]. [illegible]

[illegible]. (Nān unga porutkal illa vittvittu kavaliyālar)

[MTHFR + Met/Met — [illegible]]
[illegible], [illegible]. [illegible]

[illegible]. [MTHFR + Val/Val - [illegible]]

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□□□□ □□□ □□□□□□□□□□□□□□□□□□□□□. **(Nān en vakuppai yūrkavillai.)**

[Note: This translation maintains the direct and non-judgmental tone of the original, using natural Tamil phrasing.]
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3. **[redacted]:** [redacted]

[redacted] - [redacted]

[redacted], [redacted] (Modern Thrills) [redacted] - [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted]. [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted]

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□□□□□□ (Val/Val)	1. CrossFit: □□□□□□□□□□□ (krasfitiṭ) 2. Powerlifting: □□□□□□□□□□□ (pāvarlipiṅ) 3. Martial arts: □□□□□□□□ □□□□□□□□ (mārala arṭs) 4. BJJ: □□.□□.□□. (B.J.J.) - (□□□□□□□□□ □□□□□□□ (prakalp jūdji) □□□□□□□□ □□□□□□□□ □□□□□□□□□□□□) 5. Sprinting: □□□□□□□□□□□□□ (spraintiṅ) 6. Obstacle racing: □□□□□□□ □□□□□□□ (apsal rēsiṅ) 7. Competitive gaming: □□□□□□□ □□□□□□□ (potti keiming) 8. Esports: □-□□□□□□□□□□ (i-spōrtuṭs) 9. Trading: □□□□□□□□□ (trēdiṅ) 10. Improv comedy: □□□□□□□ □□□ (intān kalai) - (□□□□□□□□□□□□□□ □□□ (arivunaru kaalai) □□□□□□□□ □□□□□□□□ □□□□□)

	11. Extreme sports: [illegible] (āraiyacci viḷaiyāttukal) 12. Cold plunge: [illegible] (koḍittu nīlavātu) 13. Heavy music: [illegible] (periya īzai) 14. Poker: [illegible]
[illegible] ([illegible]/[illegible]) **[illegible]:** [illegible] "[illegible]" [illegible]. [illegible], "[illegible]/[illegible]" [illegible].	[illegible], [illegible], [illegible], [illegible], [illegible], [illegible] ([illegible]), [illegible], [illegible], [illegible], [illegible], [illegible], [illegible], [illegible], [illegible], [illegible]
[illegible]-[illegible] ([illegible]/[illegible])	[illegible]; [illegible] + [illegible]; [illegible] + [illegible]; [illegible] + [illegible];
[illegible] (MTHFR) [illegible] (COMT) [illegible]: MTHFR [illegible]. [illegible]. COMT, [illegible], [illegible]. [illegible]	[illegible] ([illegible]-[illegible]), [illegible], [illegible], [illegible], [illegible], [illegible], [illegible] — [illegible].
[illegible]	[illegible], [illegible], [illegible], [illegible], [illegible], [illegible] - [illegible].
[illegible] (Adhik uzhithaan veeran) **Explanation:**	[illegible]: 20 [illegible] (HIIT), [illegible], [illegible] - [illegible] 48 [illegible]; [illegible], [illegible].

* **[illegible] [illegible] (adhik uzhithaan):** "Highly resilient" or "extremely confident" - This conveys the idea of someone who is not easily deterred or discouraged. * **[illegible] (veeran):** "Warrior" - A direct translation, keeping the term as it represents a specific role and identity.	
# [illegible] ## [illegible]: 1. **[illegible]:** [illegible] 2. **[illegible]:** [illegible]	[illegible]/[illegible] ([illegible]), [illegible], [illegible], [illegible], [illegible], [illegible], [illegible], [illegible], [illegible], [illegible].

[[illegible]. '[illegible]' [illegible]. '[illegible]' [illegible]. '[illegible]' [illegible]. [illegible] '[illegible]' [illegible].]

[illegible], [illegible]. [illegible], [illegible], [illegible].

[illegible]:

1. **[illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]:

[illegible], [illegible] "Recovery Kernel" [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible]:
- **[illegible]:** [illegible] [illegible] [illegible] [illegible], [illegible], [illegible] [illegible] [illegible].
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[illegible] - [illegible] [illegible], [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible].

[illegible]:

[illegible] [illegible] [illegible] **[illegible]** [illegible] [illegible].
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"[illegible] [illegible] [illegible]" [illegible] "[illegible]" [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

- [illegible] [illegible] [illegible] (What I'm Working On):
  - [illegible] [illegible] [illegible] [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].
  - [illegible] [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
  - [illegible] [illegible] [illegible] [illegible], [illegible], [illegible]

[illegible] (AA) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible], [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible]

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* [illegible]

[illegible] (Introduction Ritual) [illegible]

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[illegible]

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[illegible] - [illegible].

[[illegible]. [illegible] - [illegible] 60 [illegible].]

[illegible]

- **[illegible]:**
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  - [illegible], [illegible], [illegible].
  - [illegible], [illegible]?

- **[illegible]:**
  - [illegible], [illegible], [illegible]?
  - [illegible],

[illegible]:

[illegible], [illegible]. [illegible], [illegible], [illegible].

- **[illegible]:** [illegible]. [illegible], [illegible], [illegible]

- [illegible], [illegible], [illegible]/[illegible] (Type Card) [illegible], [illegible]. [illegible], [illegible].
- [illegible]: "[illegible]" [illegible]: "[illegible]. [illegible]."
- [illegible], [illegible] (Protokol 06) [illegible]. [illegible], [illegible] 2-3 [illegible].

[illegible] (Modern Thrills) [illegible]:

- "[illegible]" → "[illegible]." ([illegible], [illegible].)
- [illegible] [X] [illegible], [illegible].

  (Nān munpū [X] seyitirundēn, ādiya nāan payannpattutal iruntirirkki rūkki

irunkī.)

Names:

* **I used to ... before I started using:** □□□□ □□□□□□ ... □□□□□□□□□□□□□□□□, □□□ □□□□ ... □□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□ (Nān munpū ... seyitirundēn, ādiya nāan ... iruntirirkki rūkki irunkī)

Please replace "[X]" with the specific action or behaviour you want to name.

- "□□□□□ □□□□□□□□□□□ □□□□ □□□□□"
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[illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible].'

[illegible] - "The Type Card"

[illegible]:

1. **[illegible]?**
   - [illegible], [illegible] [illegible] [illegible] [illegible].

2. **[illegible]:**
   - [illegible]? [illegible], [illegible], [illegible] [illegible] [illegible].

3. **[illegible]:**
   - [illegible]

[illegible]

[illegible]:

1. **[illegible]?**: [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible].
2. **[illegible]**: [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].

 # [illegible]: [illegible] [illegible] [illegible]

[illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible]:

*1. **[illegible]:** [illegible], [illegible] [illegible] [illegible].*
*2. **[illegible]:** [illegible]*

[illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible]?

(Unnkalutai muḻai enna vidam avan?)

Explanation:

This question is directly translated, maintaining the same tone and meaning. There are no cultural nuances or idiomatic expressions to adjust in this case as it's a literal inquiry about brain type.

[illegible]

[illegible]: [illegible]

[illegible]:

1. **[illegible]**
2. **[illegible]**
3. **[illegible]**
4. **[illegible]**

[illegible]

[illegible]

[illegible]:
1. [illegible]
2. [illegible]
3. [illegible]

[illegible]

[illegible]

[illegible]

[illegible]) [illegible] [illegible].

[illegible].
[illegible], [illegible] '[illegible]' [illegible].

[illegible], [illegible]. [illegible], [illegible]; [illegible], [illegible], [illegible].

[illegible], [illegible], [illegible].
[illegible].
[illegible].

(Nēngku aalukku uḻēlālāga payannpattu irukkiyrirun, mūlāiyil paayanpattu irukkiyrirun.)

Explanation:

* **[illegible] (Nēngku):** You
* **[illegible] (aalukku):** to the body
* **[illegible] (uḻēlālāga):** stimulant
* **[illegible] (payannpattu irukkiyrirun):** used
* **[illegible] (mūlāiyil):** substances
* **[illegible] (paayanpattu irukkiyrirun):** are using

[illegible], [illegible], [illegible], [illegible].

[illegible]. (Adaiyaa chēyungkaal.)

[illegible].
[illegible].
[illegible]?
[illegible], [illegible], [illegible].

[illegible].

MTHFR ([illegible])

[illegible] - [illegible]: [illegible].

[illegible], [illegible]

[illegible].
[illegible], [illegible] "[illegible]" [illegible].

(Niyam unarvu kottadhan porutkal "niyama unarvu" kodu thandan.)

Explanation:

* **[illegible]:** This translates literally but conveys the meaning of "not making you stable or normal."
* **[illegible]:** Means "substances"
* **[illegible]:** "you"
* **"[illegible]":** This is a culturally appropriate phrase meaning "a sense of normalcy" or "feeling normal."
* **[illegible]:** "gave" (in the context of providing a feeling)

[illegible].

[illegible]; [illegible].

[illegible].

[illegible].

[illegible], [illegible].

[illegible], [illegible].

[illegible].

[illegible].

[illegible].

[illegible] 06 [illegible].

[illegible], [illegible].

"[illegible] (Recovery Kernel) [illegible]: [illegible]

[illegible], [illegible] - [illegible], [illegible]. [illegible], [illegible], [illegible].

[illegible], [illegible]. [illegible], [illegible]

Example — Warrior, established recovery

"My name is Marcus."

GROUP: "Marcus. Good to have you here."

"I am a Warrior."

GROUP: "Channel it."

"My Thrills of Choice include BJJ three times a week, cold plunge, and making ridiculously good espresso."
GROUP: "That's the real thing."
"Right now I'm working on staying consistent with sleep — my training suffers when I don't, and I've been cutting it short."
GROUP: "We'll work on it with you."

Example — Worrier, newer to recovery

"My name is Sofia."
GROUP: "Sofia. Good to have you here."
"I am a Worrier."
GROUP: "We've got you."
"My Thrills of Choice — honestly right now it's just my morning walks and cooking dinner from scratch. I'm trying to add swimming."
GROUP: "That's the real thing."
"Right now I'm working on not isolating when things get hard. I keep going quiet and I know it makes it worse."
GROUP: "We'll work on it with you."

Example — MTHFR, first meeting

"My name is Dev."
GROUP: "Dev. Good to have you here."
"I am — I think MTHFR? I read the card and that one sounded most like me. I always feel like I'm running on half a tank."
GROUP: "We're rebuilding with you."
"My Thrills of Choice — I used to love hiking before everything fell apart. Right now it's coffee and my dog."
GROUP: "That's the real thing."
"Right now I'm working on just getting through the week without using. That's honestly all I have right now."
GROUP: "We'll work on it with you."

Example — Type unknown, first meeting, minimal words

"My name is Lee."
GROUP: "Lee. Good to have you here."
"I don't know my type yet."
GROUP: "You will. We'll figure it out together."
"My Thrills... I don't know. Music, maybe."
GROUP: "That's the real thing."
"Right now I'm working on just showing up."
GROUP: "We'll work on it with you."

[illegible] [illegible] [illegible] **(Updated)**

1. [illegible]:

* [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible], [illegible] [illegible].
* [illegible], [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible]?

2. [illegible] [illegible]:

* [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
* [illegible] [illegible], [illegible] [illegible].
* [illegible]

[illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible]:

1. [illegible]:
- [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible].
- [illegible] [illegible] [illegible] [illegible] -[illegible] [illegible] [illegible] [illegible].

2. [illegible]:
- [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible]

[illegible] 2: [illegible] [illegible] [illegible]

1. [illegible] [illegible]:

** [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].*
** [illegible] [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible].*
** [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].*
** [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]*

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